

# TIPS FOR STUDENTS IN RECOVERY DURING COVID 19

## Northeast State's Student's HOPE

### MOVE!

Physical activity doesn't always mean rigorous exercise. Try walking to the mailbox, incorporate some type of movement like deep cleaning, dancing to your favorite song, yoga in the living room, lift weights, paint a room.

### Laugh!

Check out YouTube's  
100 Laughter Yoga Exercises video



### SPIRITUAL

Pray, meditate,  
repeat the Serenity Prayer

GOD GRANT ME THE  
**SERENITY**  
TO ACCEPT THE THINGS  
I CANNOT CHANGE  
**COURAGE**  
TO CHANGE THE  
THE THINGS I CAN AND  
**WISDOM**  
TO KNOW THE DIFFERENCE

## CONNECTION

### Addiction is a disease of isolation.

Stay connected with others. FaceTime, Skype, or Zoom friends or family. GO to online meetings. It might seem easy to slack on meetings during this time, but there is no excuse. Email [hope@NortheastState.edu](mailto:hope@NortheastState.edu) to connect with other students in recovery.

### Check for online group options;

[www.aa.org](http://www.aa.org)

<https://www.celebraterecovery.com>

<https://www.na.org>

<https://al-anon.org/al-anon-meetings>

### Reach out to a helpline.

It's ok to ask for help. It's ok to need help.

1-855-CRISIS1 (1-855-274-7471 TN State Crisis Line),

or text HOME to 741741

1-800-662-HELP (1-800-662-4357) SAM-HAS

## MENTAL

### Destress and distract

Color, read, watch a funny movie. Practice positive affirmations, deep breathing exercises, progressive muscle relaxation (Calm Meditation App, ThinkUp: Positive Affirmations App)

### Keep a routine.

Set a time each day to get up, take a shower, study, take breaks, etc. Do your best to maintain a sense of familiarity during the unknown by maintaining a sense of routine.

### Try stream of consciousness journaling

Take 15 minutes each day to write about everything and nothing. Get a regular notebook or make or buy a fancy journal, but using pen or pencil and paper just write whatever it on your mind for that day. No judgement. Just write thoughts, feelings, inspirations, verses....

It's your time to just let go.